



ALERT



Most recruits that fail the physical portion of the Academy do so as a result of an overuse injury. If you fail to prepare, you are setting yourself up for **FAILURE**.

You must start **NOW** to properly build a training base and start the Academy at a conditioning level that will ensure successful completion of the physical portion. Prior to starting the conditioning program, invest in a quality pair of running shoes purchased from a reputable running store.

After several weeks of easy running, it is recommended that you do aerobic exercises, calisthenics, stretching, distance running and circuits. **ALL RUNNING DURING THE ACADEMY IS DONE OUTDOORS ON ROADWAYS AND NOT ON TREADMILLS, SO TRAIN ACCORDINGLY.**

Start out and finish each work out session with stretching. No more than two circuit sessions should be done per week, with at least one day between sessions. The number of distance runs per week will vary with fitness level. It is recommended that you follow the included STRETCHING, PROGRESSION OUTLINES (LBPD Academy Distance Running Chart & Aerobics Exercise Circuit with Calisthenics) and CALESTHENICS ILLUSTRATIONS.

PHYSICAL ABILITY TEST

This test plays a significant role in **CANDIDATE SELECTION** and will be held during January 2006. It is a timed obstacle course including:

- **300-FT RUN**
- **6-FT WALL CLIMB**
- **16-FT BALANCE BEAM**
- **ANOTHER 300-FT RUN**
- **SQUEEZE A GRIPPING DEVICE**
- **MANDATORY 30 SECOND REST PERIOD**
- **50-FT RUN TO DUMMY**
- **DRAG 165 lbs. DUMMY FOR 50-FT**

Applicants will then be required to perform as many PUSH-UPS as able (25 to 40 PUSH-UPS DESIRABLE) then **run 1-½ miles** on a flat, out and back course with a “Desirable” run time of **under 15 minutes**.